



U.S. REPRESENTATIVE GRACE MENG

PROUDLY SERVING NEW YORK'S 6TH DISTRICT



WHAT IS COVID-19?

WHAT ARE THE SYMPTOMS?

Symptoms of COVID-19 include: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, and new loss of taste or smell. The CDC believes at this time that symptoms of COVID-19 may appear 2 to 14 days after exposure.

HOW DOES IT SPREAD?

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another.
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

For more information about COVID-19, please visit [coronavirus.gov](https://www.cdc.gov/coronavirus)

NYC is distributing free face coverings. These cloth face coverings will be distributed in a variety of locations. You can find a map of distribution sites here:

<https://www1.nyc.gov/site/coronavirus/resources/facecoverings.page>

WHAT TO DO IF YOU ARE SICK

Call your healthcare professional if you are experiencing any symptoms associated with COVID-19, have been in close contact with a person known to have COVID-19, or if you live in or have recently traveled from an area with ongoing spread of COVID-19.

- New York State Helpline: 1-888-364-3065.
- NY Presbyterian COVID-19 Hotline: 646-697-4000.
- For help finding a health care provider: 311.
- For a testing appointment, please call 1-844-NYC-4NYC.
- To find information on testing sites, please call my office at 718-358-6364.

TAKE STEPS TO PROTECT YOURSELF

Clean and disinfect



Cover coughs and sneezes



Avoid close contact



Stay home if you're sick



Clean your hands often



Wear a cloth face covering



NEED ASSISTANCE? You may qualify for benefits to help buy groceries, get health care, or financial support to make up for lost income. See what you might be eligible for by visiting access.nyc.gov/pandemic-benefits-guidance

**PLEASE CONTACT MY OFFICE WITH
QUESTIONS OR CONCERNS:**

EMAIL: meng.house.gov/contact

PHONE: 718-358-6364 to be connected to a staff member during business hours.



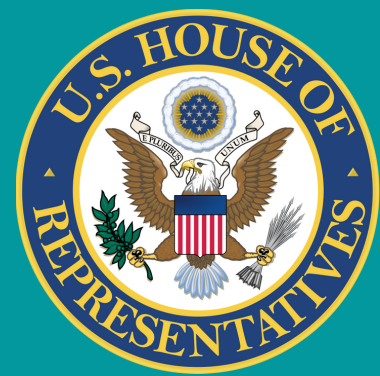
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RESOURCES ON HOUSING

Mortgage Relief: Effective March 24, the Governor announced state-regulated financial institutions are to waive mortgage payments for 90 days.

Eviction Protection: All residential and commercial evictions are suspended through August 20. At this time, there is no rent suspension in effect. However, late payment fees for missed payments during the moratorium are banned, and renters facing hardship can use their security deposit to pay rent. Utility shut-offs have also been suspended.

Property Tax Relief: The Department of Finance administers a number of property related benefits including in the form of Exemptions and Abatements. For abatement options, please visit <https://a836-pts-access.nyc.gov/care/forms/htmlframe.aspx?mode=content/home.htm>

Rent Arrears and Cash Assistance: If your work schedule was reduced and you are unable to pay your rent, you can apply for a Cash Assistance special grant request to get emergency benefits.

- Online Application: <https://a069-access.nyc.gov/accesshra/> OR Call 718-557-1399 for help from HRA.

NYCHA Rent Hardship: Residents experiencing income loss may qualify for NYCHA's rent hardship program.

- For more information, please visit: <https://www1.nyc.gov/site/nycha/about/rent-hardship.page> OR Call 718-707-7771.
- Any NYCHA resident experiencing a loss of income is being encouraged to request an Interim Re-certification for any decrease in income that will last more than two months by visiting: <https://selfserve.nycha.info/>.
- Residents with further questions or concerns should contact NYCHA's customer contact center at 718-707-7771. For more information, please visit: <https://www1.nyc.gov/site/nycha/index.page>

Homebase: If you are at risk of homelessness and need emergency rent assistance. For more information, please visit <https://www1.nyc.gov/site/hra/help/homebase.page> OR Call 311 for more information.

Temporary Rooms Through NYC COVID-19 Hotel Program: The City of New York's COVID-19 Hotel Program provides free hotel stays to eligible New Yorkers who cannot isolate where they live. For more information, please visit nyc.gov/covid19hotels.

For more city resources, please visit <https://access.nyc.gov/coronavirus-covid-19-updates/>

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FINANCIAL ASSISTANCE FOR BUSINESSES AND INDIVIDUALS

PAYCHECK PROTECTION PROGRAM

This loan program provides loan forgiveness for retaining employees by temporarily expanding the traditional SBA 7(a) loan program. For more information, please visit <https://www.sba.gov/funding-programs/loans/paycheck-protection-program-ppp>.

FEDERAL SBA ECONOMIC INJURY DISASTER LOAN (EIDL)

Small businesses seeking SBA disaster loan relief are first encouraged to contact a representative from the New York Small Business Development Center (SBDC). You can contact the Queens College SBDC at sbdc@qc.cuny.edu, LaGuardia SBDC at sbdc@lagcc.cuny.edu, York College SBDC at sbdc@york.cuny.edu. For more information, please visit <https://disasterloan.sba.gov/>.

ECONOMIC INJURY DISASTER LOAN (EIDL) ADVANCE

This loan advance will provide up to \$10,000 of economic relief to businesses that are currently experiencing temporary difficulties. For more information, please visit <https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/economic-injury-disaster-loan-emergency-advance>.

SBA EXPRESS BRIDGE LOANS

Enables small businesses who currently have a business relationship with an SBA Express Lender to access up to \$25,000 quickly. For more information, please visit <https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/sba-express-bridge-loans>.

SBA DEBT RELIEF

The SBA is providing a financial reprieve to small businesses during the COVID-19 pandemic. For more information, please visit <https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/sba-debt-relief>

NYC FINANCIAL ASSISTANCE

The City will offer financial assistance to small businesses to help lessen the economic impact of the coronavirus. Businesses may qualify for low-interest loans and employee retention grants.

- NYC Employee Retention Grant Program: <https://www1.nyc.gov/nycbusiness/article/nyc-employee-retention-grant-program> (The NYC Employee Retention Grant Program is no longer accepting applications.)
- If you would like to be updated about any new local, state or federal financial assistance programs that become available, please provide your information on NYC Small Business Services website. For more information, please visit: <https://www1.nyc.gov/site/sbs/businesses/covid19-business-financial-assistance.page>

BUSINESS REOPENING

For industry reopening guides, free webinars, outreach flyers, and other resources in multiple languages, please visit www1.nyc.gov/nycbusiness/. Business owners can also call the SBS Restart Hotline for assistance at 888-SBS-4NYC (888-727-4692).

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COMMUNITY RESOURCES ON CORONAVIRUS

PUBLIC SCHOOLS AND FOOD ASSISTANCE

New York City schools are planning to follow a blended learning model for the 2020 School Year. Please see <https://www.schools.nyc.gov/> for more information.

Newly available to all NYC public school families, New York State's Pandemic Electronic Benefit Transfer (P-EBT) grants \$420 per child for groceries. There is no sign-up required. Please see <https://otda.ny.gov/> for more information, or email otda.sm.eisp.PEBT@otda.ny.gov.

New York City is planning to provide free, safe childcare options for 100,000 children this fall. New Yorkers with available space that could be safely used for childcare should visit www.nycsca.org/realestate/sites.

Grab-and-Go meals will be available at all Meal Hubs from 7:30 AM to 1:30 PM, Monday through Friday. Kosher Meals are available at 16 sites and Halal meals are available at all 400+ sites. To find a location, text "NYCFOOD" or "COMIDA" to 877-877 or visit <https://www.schools.nyc.gov/school-life/food/free-meals>

SENIOR CENTERS

Effective March 16, Mayor de Blasio has mandated that all senior centers in New York City must be closed and shift to meal deliveries for older adults.

- If you need help finding a health care provider, call 311.
- If you need someone to talk to, call: 1-888-NYC-WELL or Text WELL to 65173.
- If you have questions about senior center closure or meal delivery, please call 311.

Aging Connect: Aging Connect is the City's direct link to aging services.

- Call 212-AGING-NYC (212-244-6469) for senior who need supplies or food delivery.

U.S. POSTAL SERVICE

To date, there are no changes with branch office hours or mail delivery. For more information, please visit: <https://www.usps.com/>

BEWARE OF SCAMS

Do not respond to calls, emails, or other communications claiming to be from the U.S. Treasury Department and offering COVID-19 related grants or stimulus payments in exchange for personal financial information, or an advance fee, tax, or charge of any kind, including the purchase of gift cards.

- To report scams, visit FBI website at www.ic3.gov
- To report Price Gouging, call 311 or visit: nyc.gov/dcwp.
- To report harassment, call 311 or 1-888-440-HATE.

MEDICARE

Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs. When a vaccine for COVID-19 becomes available, it will be covered by Medicare Part D.

For more information on coverage, please visit: <https://www.medicare.gov/medicare-coronavirus>

Telehealth: Medicare has temporarily expanded its coverage of telehealth services to respond to the current Public Health Emergency.

- Please visit <https://www.medicare.gov/coverage/telehealth> for additional information.
- Or call 1-800-MEDICARE (1-800-633-4227)

VETERANS AFFAIRS

Veterans experiencing COVID-19 symptoms—such as fever, cough, and shortness of breath—are encouraged to call their VA medical facility or call MyVA311 (844-698-2311, press #3 to be connected). Please visit www.va.gov/coronavirus for the most up to date information.

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COMMUNITY RESOURCES ON CORONAVIRUS

SOCIAL SECURITY ADMINISTRATION

All local Social Security offices will be closed to the public for in-person service effective March 17, 2020.

For critical issues, contact your local office directly via the telephone number listed at <https://secure.ssa.gov/ICON/main.jsp>.

If you cannot complete your Social Security business online, please call 1-800-772-1213. For more information, please visit: <https://www.ssa.gov/>

WORKER RIGHTS AND BENEFITS

Paid Safe and Sick Leave: Governor Cuomo signed a bill guaranteeing job protection and pay for New Yorkers who have been quarantined as a result of novel coronavirus. For more information, please visit <https://www1.nyc.gov/site/dca/about/paid-sick-leave-law.page>.

Unemployment Insurance: The federal CARES Act provides enhanced Unemployment Insurance benefits and Pandemic Assistance (PUA) for New Yorkers. This includes payments to workers not traditionally eligible for unemployment benefits. For more information, please visit <https://www.labor.ny.gov/home/> or call (888) 209-8124.

INTERNAL REVENUE SERVICE

For information on filing past due tax returns, please visit <https://www.irs.gov/businesses/small-businesses-self-employed/filing-past-due-tax-returns>.

The IRS is offering tax help for taxpayers, including on Economic Impact Payments, which provide stimulus payments up to \$1,200 per adult and \$500 per child. Please visit nyc.gov/taxprep for more information.

Please click here to learn more about the October 15, 2020 deadline and more. The IRS is also distributing rebate checks to eligible recipients. For more information, please visit <https://www.irs.gov/>.

Need help filing your taxes? IRS certified volunteer preparers from NYC Free Tax Prep can assist you free of charge. Please visit nyc.gov/taxprep for more information.

U.S. CITIZENSHIP AND IMMIGRATION SERVICES

Select USCIS field offices and asylum offices resumed in-person services to the public. Certain Application Support Centers resumed services on July 13th, all while enacting necessary precautions to prevent the spread in reopened facilities. To learn more about the new USCIS reopening policies and their services, please visit <https://www.uscis.gov/about-us/uscis-response-covid-19>. Please call 800-375-5283 for assistance with emergency services. All appointment notices will include specific instructions for visiting USCIS facilities. However, USCIS locations are not accepting walk-in visits at any time. Before arriving at a USCIS office, you must have an appointment scheduled.

- For more information on USCIS visitor policy, please visit <https://www.uscis.gov/about-us/uscis-visitor-policy>.
- For the most up-to-date information on USCIS office closings, please visit <https://www.uscis.gov/about-us/uscis-office-closings>.
- If you need to schedule an appointment, please visit <https://www.uscis.gov/contactcenter>.

Regardless of citizenship or ability to pay, many city services are available to all New Yorkers. View the Mayor's Office of Immigrant Affairs' (MOIA) resource guide for immigrant communities at nyc.gov/immigrants/coronavirus.

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